

GIVE THE NOD TO THESE NOODLES IF YOU LIKE EASY AND QUICK, THAT IS (page 25)

SHATNER HITS A NERVE EMOTIONS RUN HIGH ON TALK SHOW (page 16)



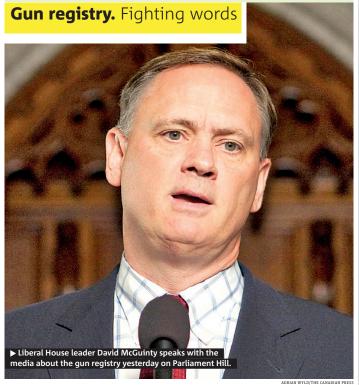
SPIDEY
GARFIELD EXCITED
FOR DREAM ROLE
SCENE (page 18)

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Wednesday, September 15, 2010 www.metronews.ca



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Liberals tell NRA to butt out

McGuinty said the American National Rifle Association should butt out from the Canadian long-gun registry debate. Story, page 4

Fighting the freshman 15

Bad eating habits could last after graduation {page 28}

Hamm paints The Town red

Lansdowne rezoning passed

- Committee votes 5-4 in favour of proposal
- Mayor O'Brien cast the deciding vote
- Plan still needs to be approved by council



If the Lansdowne Partnership Plan goes forward, Robert Martin believes his home on Holmwood Avenue will be shrouded in shadows by the "100-foot wall of development" that will be built across the street.

Yesterday, Martin was one of 23 people who spoke to the city's planning committee against the proposed zoning amendments at Lansdowne Park.

Those shadow predictions are based on the worst time of year, said architect Barry Hobin.

"In the majority of the year, the north side of Holmwood Avenue would have minimal impact in terms of sunlight," he said.

The outcome was expected prior to the meeting, said Coun. Clive Doucet, but by registering their concerns with the committee, it opens the door for residents to challenge the changes at the Ontario Municipal Board.



"It's inconceivable that you can develop a park into a commercial space through a zoning application and not with a public meeting and two-thirds vote of council ... I feel utterly betrayed by that kind of process."

GLEBE RESIDENT JOHN LAWFORD

Mad Men star talks on role in gritty new action flick {page 12}

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Community safety within your grasp

Violent crime, break and enters, and other property-related crime in Ottawa experienced a slight drop last year, an Ottawa police report stated — and it might have something to do with residents keen to create safer neighbourhoods.

A Crime Prevention Ottawa presentation yesterday showed residents how to keep themselves — and their neighbourhoods — safer through the use of a

few tools.

"When we're out and about in the community, we've identified a lot of people who are very interested in community safety, but don't always have the knowledge of the best tools available to them," said Nancy Worsfold, executive director of Crime Prevention Ottawa.

An Ottawa police webbased tool, OttawaCrime, allows residents to see what crimes are happening in their neighbourhoods.

"We do have a fair bit of traffic that goes to that site," said Randy Mar, Ottawa police director, planning, performance and analytics. "The more people that are aware of it, the more beneficial it will be."

Addressing community safety issues starts with understanding what is going on in the city, Worsfold said. © TRACEY TONG





News on the move

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On the web at metronews.ca

Allan Small on what investors should look out for as interest rates rise. More at metronews.ca/ investing

Festival X promises snapshots of talent

▶ Fourth edition of the photography festival runs from Sept. 23 to Oct. 3

The National Capital Region's first photography festival fills a gap in the area's arts community, said the vice-president of Festival X, the Ottawa Photography Festival.

"The region has a rich photographic history going back to at least the Karsh Brothers," said Francesco Corsaro. The festival, he said, aims to give residents "a greater appreciation of photography and the understanding of the breadth of talent in this city."

city."

"Photography, in some ways, is regarded as being an underdog in the visual arts community," said Megan Lafreniere, with Lafreniere Pai Gallery. "This festival really elevates its profile."

TRACEY TONG

What to see

Vice-president Francesco Corsaro's top picks for the festival include:

- The Slideluck Potshow on Oct. 2, which features a potluck dinner followed by slideshows of eclectic photographic works set to music and narration.
- ➤ The Festival X In/Out Panel Discussion on contemporary photographic practice
- Jonathan Hobin, exhibiting at the Dale Smith Gallery in New Edinburgh.

105The number of photographers exhibiting their work at 35 art spaces and 28 events during Festival X.





WEDNESDAY, SEPTEMBER 15, 2010

Terry Fox Run a Canadian story: **Event organizer**

• As of 2009, the grassroots event has raised \$553 million for the Terry Fox Foundation for research • Events draw cancer survivors, students, community members



After three decades, the name Terry Fox is synonymous with hope, courage, and perseverance, not just in Canada, but around the world, said an organizer with the Terry Fox Run in

"It's a very Canadian story, but what a lot of people don't know is that Terry Fox is known around the world," said Dave Stephens. "(The run) is held in 30 or 40 countries. I think people around the world have a sense of how big Canada is, and when they hear the story of a young Canadian running a marathon a day across the country, well, it's a great

Ottawa hosts one of the biggest Terry Fox Run events in the country. To mark the 30th anniversary of the event, Stephens expects thousands to attend the run at Anniversary Park Sunday, or one of several other area events

"Cancer is universal. And Terry's goal of finding a cure for cancer is not just for Canadians. It's a global thing. And that's something that resonates beyond our borders."

RUN ORGANIZER DAVE STEPHENS



Ottawa police are investigating a suspicious incident in the city's west end after a teenaged girl was reportedly grabbed by an unknown male in broad daylight Monday. At 8:20 a.m., a 15-year-

said vesterday. The girl struggled and screamed and the man ran off. The girl was uninjured.

Police are seeking a white male, 25 to 30 years old, six-foot-three, and 250 pounds with dark hair. • TRACEY TONG

old girl was walking on Craig Henry Drive in the area of Conover Street when a man walking in front of her suddenly turned around and grabbed her arm, police

statue in downtown

accomplishments of

this Canadian hero,

the story of Terry Fox "has never faded,"

said Dave Stephens.

"Students that weren't born when

Terry Fox did

his run learn a

(him), because schools make it a

part of the

curriculum.

Ottawa is a daily

reminder of the

Police charged a 14-yearold boy yesterday after a male was stabbed with a six-inch meat cleaver in downtown Ottawa Monday night.

Charges

after attack

with cleaver

A teen appeared in court yesterday to answer

TRACEY TONG



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Liberals suggest link between Tories and NRA

Tories deny connection to U.S. gun advocacy group
 Dismiss Liberals' claim as 'conspiracy theory'

The Liberals are calling on the governing Conservatives to "come clean" about alleged links to a powerful American gun lobby group. Liberal House leader

Liberal House leader David McGuinty is turning up the heat in the debate over the long-gun registry, the subject of a cliff-hanger Commons vote next week.

But he offered little evidence yesterday of any ties between the Tories and the NRA, which vehemently opposes gun control.

He cited news reports suggesting the NRA coached Canadian firearms groups on lobbying techniques. And he said that, in 2006, Tory MP Garry Breitkreuz co-hosted a forum



which featured the head of the NRA as a keynote speaker.

On Monday, CBC News reported that the NRA has been involved for more than a decade in efforts to kill the long-gun registry by providing support to antiregistry groups in Canada

registry groups in Canada. McGuinty said the U.S. gun lobby has no business being involved at all in a Canadian debate.

"We are here to say that the National Rifle Association and its members and its leadership should butt out of Canada's gun registry debate.

"This is a government that is choosing to listen to a powerful foreign influence over our own police, our victims' groups, our medical experts, in fact the majority of Canadians when it comes to gun control." THE CANADIAN PRESS

Layton says NDP can save gun registry

Federal NDP Leader Jack Layton says enough votes will be coming from his party to potentially save the long-gun registry. "My commitment to

"My commitment to Canadians was to put forward an approach to fix the registry," Layton said yesterday after a party caucus meeting in Regina.

Conservatives say the registry is a waste that targets honest citizens. But proponents say it is a useful investigative tool and has led to more responsible gun ownership. THE CANADIAN PRESS

Counting votes

- Layton did not say yesterday which of the remaining eight holdouts from his party have said they'll support the registry.
 When asked directly if he
- When asked directly if he expected most of the NDP rural caucus to vote to keep it in place, Layton said: "That's what we expect to happen. Yes, indeed."



Trudeau image still cool 40 years later

"Quentin Tarantino stole this from us."

Ten years after his death, and more than four decades after it was taken, the photo of Pierre Trudeau striding up the drive at Rideau Hall—flanked by his dark-suited cabinet-to-be—still packs a blast of movie-star, hipster cool.

The Tarantino quip comes from Trudeau's son Justin, who along with brother Alexander provides commentary to the many iconic photos in "Pierre Trudeau: Images of Canada's Passionate Statesman."

The 188-page book of

"Trudeau was very smart. He knew the value of a great photo, and he was just a master (at making it happen)." RYAN REMIORZ, CANADIAN PRESS PHOTOGRAPHER

black-and-white shot by news photographers at The Canadian Press is on store shelves this week, in time for the 10th anniversary of the passing of Canada's 15th prime minister on Sept. 28, 2000.



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France comes closer to ban on Islamic veils

► France would be first country to pass veil-banning law ► Measure passed lower legislative house in July

The French Senate yester-day overwhelmingly passed a bill banning the burqa-style Islamic veil in public, but the leaders of both parliamentary houses said they had asked a special council to first ensure the measure passes constitutional muster amid concerns it tramples on religious freedoms.

The Senate voted 246 to 1 yesterday in favour of the bill, which has already passed in the lower chamber, the National Assembly. It will need President Nicolas Sarkozy's signature.

Legislative leaders said they wanted the constitu2,000
The bill banning the burga-style Islamic

burqa-style Islamic veil in public affects less than 2,000 women in France.

tional council to examine

"This law was the object of long and complex debates," the Senate president Gerard Larcher and National Assembly head Bernard Accoyer said in a joint statement explaining their move. They said in a joint statement that they

want to be certain there is "no uncertainty" about it conforming to the constitution.

Many Muslims believe the legislation is one more blow to France's second religion, and risks raising the level of Islamophobia in a country where mosques, like synagogues, are sporadic targets of hate. However, the vast majority behind the measure say it will preserve the nation's singular values, including its secular foundation and a notion of fraternity that is contrary to those who hide their faces.

THE ASSOCIATED PRESS



Getting to know Carla

The unauthorized biography of the French president's wife, Carla Bruni-Sarkozy, suggests that presidential aides have reined in the Italian-born heiress and ex-supermodel in a bid to transform her public image from that of a tempestuous maneater, into a meek, model housewife.

BDO

EU decries France's Roma policy

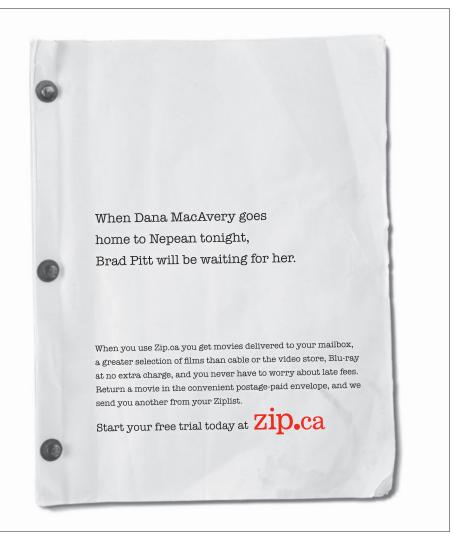
France's deportations of Roma are "a disgrace" and probably break EU law, the European Union's executive body declared yesterday in a stinging rebuke that set up a showdown with French President Nicolas Sarkozy's conservative government.

In recent weeks, French authorities have dismantled more than 100 illegal camps and deported more than 1,000 Roma — also known as Gypsies — in a crackdown that has drawn international condemnation.

EU Justice Commissioner Viviane Reding said she was appalled by the expulsions, "which gave that impression that people are being removed from a member state of the European Union just because they belong to an ethnic minority."

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THE ASSOCIATED PRESS





Ex-cop says he was 'murdered' **41 years ago**

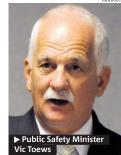
• Shooter, now a grandfather, has jumped bail twice Applied to return to Canada from U.S. in 2008

Terrence Knox suspects he's a murder victim. He's just not dead yet.

Knox, a former Chicago police officer, has written to Minister of Public Safety Vic Toews to ask that he be considered a possible murder victim for a shooting back in 1969.

In his letter to Ottawa, which he copied to Immigration Minister Jason Kenney, Knox urges Canadian authorities to refuse a temporary residence permit to Gary Freeman, a former librarian's assistant, who shot him 41 years ago in Chicago.

The reason, Knox argues, is that Freeman killed him and it's tough



slow death, he wrote.

"I am still suffering serious injuries as a result of this shooting," Knox wrote to Toews, urging him to consider the "possibility of him being charged with my murder when I die if the cause of my death can be tied to the injuries sustained by the shooting and related surgeries."

The shooting took place when Knox was 21, and Freeman was 19 and known as Joseph Pannell.

Knox was patrolling near a Chicago high school in a squad car, when he pulled over Freeman and asked why he was not in school.

Freeman fired several shots at him. Knox says it was a murder attempt, while Freeman says he was defending himself.

TORSTAR NEWS SERVICE





VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

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I am feeling sad and depressed		
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I have lost interest in work and pleasurable activities		
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I feel tense and anxious		
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Number of undernourished dipping: Group

• Food prices are still stubbornly high, says official at the UN World Food Program

The number of chronically hungry people in the world dipped considerably below the one billion mark — the first drop in 15 years — thanks partly to a fall in food prices after spikes that sparked rioting a few years ago, UN agencies said yesterday. Still, an estimated 925 million people are undernourished worldwide, and the latest figures don't reflect the repercussions from the massive flooding in Pakistan.

The Rome-based Food and Agriculture Organization's report suggested some progress in the battle to end hunger, but stressed the world is far from achieving the UN promoted Millennium Development Goal of reducing the proportion of undernourished people in developing countries to 10 per cent by 2015.

The report estimated there are 98 million fewer chronically hungry people than in 2009, when the figure just topped one billion.

That's partly because food prices have fallen from the peaks in 2007-08, when they sparked violence in several developing countries, and because cereal and rice harvests have been strong, said FAO director-general Jacques Dionf

THE ASSOCIATED PRESS





American released

The American woman released by Iran yesterday after more than a year in prison said she was grateful to Iran's president for her freedom.

Search fails to find bomb at Eiffel Tower

Paris' Eiffel Tower and its immediate surroundings were evacuated last night after an anonymous caller phoned in a bomb threat, but a police search turned up nothing suspicious, French media reported.

Officials evacuated about 2,000 people and combed through the 324metre (1,063-foot) tower, a Paris police spokesman said

By midnight, people were walking around and riding bikes underneath France's most popular tourist spot again. The tower itself, which

The tower itself, which had 6.6 million visitors last year, usually closes at 11 p.m.

THE ASSOCIATED PRESS

2,000
The number of people evacuated from the

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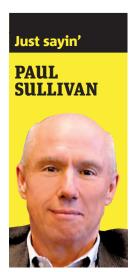


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HADFIELD SHOOTING FOR THE STARS



Chris Hadfield is living my dream.

e's gearing up to become the first Canadian commander of the International Space Station on a six-month mission starting in 2012.

It's not exactly Star Trek since he's hardly going where no man has gone before. Actually, he will just circle the Earth every 90 minutes for six months, but I'll bet you never get tired of the view. From one window you can see Africa. From the other: Infinity and beyond.

OK, so it's not exactly interstellar travel at warp speed, but it is the real thing, the edge of the human frontier in the year 2012. While it may be humble, it's the first permanent settlement

WHERE DO YOU

outside the planet.

He will be hitching a ride on a Russian Soyuz rocket in December 2012, because the U.S. government is ending the space

shuttle program, and private industry that is racing to take over is still in the test rocket stages. But that's cool; Russian rockets still work. And it's also ironic: While the Russians are schlepping Had-

field to the space station, here on Earth Hadfield's prime minister, scaremonger-inchief Stephen Harper, is trying to whip up paranoia about a Russian attack from across the Bering Strait so he can justify spending \$20 billion on fighter jets.

No wonder I feel more at home

on the cosmic range. There's no intelligent life down here.

Hadfield, like me, dreamed of space travel when he was a teenager. Unlike me, he could

handle math and physics; instead, I learned to push words around. Dave, his more down-to-earth brother, put it well in a recent interview: "As you go through life there are forks in the road and he al-

ways took the one that could possibly lead into space."

So he's rocketing to the stars and I'm still here, writing about it

No doubt nine out of 10 redblooded Canadian boys are dreaming of becoming Sidney Crosby and making \$10 million a year in the NHL, but there must be a few who want to be just like Chris Hadfield, who started in air cadets, flew CF18s and has logged two other space journeys. And if the boys don't have their heads in the stars, there are millions of young Canadian women who can look up to Hadfield, fellow Canadian astronaut Robert Thirsk, and Canada's First Lady of space, Julie Pavette.

It's just possible that because of these 21st-century pioneers, a few more Canadian kids will set their sights on the final frontier and pursue science degrees instead of becoming doctors of social media, majoring in Twitter.



Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

He has time on his hands

THINK FEDERAL POLITICS WILL GO FROM HERE?

Worth mentioning

A U.S. prisoner who has filed more than 3,800 law-suits and targeted the famous, the infamous and even the long dead is now being sued by federal officials who want him to knock it off.

U.S. federal prosecutors who say they have had enough of the frivolous filings have filed a lawsuit of their own, asking a judge to take unusual action to stop Jonathan Lee Riches. Since 2006, Riches has filed lawsuits in nearly every jurisdiction in the U.S., court documents show. The inmate, who dubbed himself "Lawsuit Zeus" in one of his thousands of court cases, has filed up to four of his

Called to the bar(s)

"No wonder I feel

more at home on

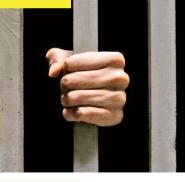
the cosmic range.

There's no

intelligent life

down here."





handwritten petitions a day in Kentucky courts alone.

The 33-year-old inmate at the U.S. federal prison in Lexington, Ky., has sued New England Patriots coach Bill Belichick, former U.S. president George W. Bush, Atlanta Falcons quarterback Michael Vick and even Somali pirates. Sometimes.

Riches asks for money, other times an injunction to stop alleged, if physically impossible activity

ly impossible, activity.

Among Riches' targets have been "Adolf Hitler's National Socialist Party," the ancient philosopher Plato, the celestial body formerly known as the planet Pluto, and the Guinness Book of World Records. THE ASSOCIATED PRESS

What food can you absolutely not stand to eat? Email ottawaletters @metronews.ca Twitter @metroottawa

Metro has the right to edit letters and submissions.

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Metro Minute with the Dancing Bear

If you walk through the Jeanne d'Arc Court in the ByWard Market, chances are you will see a tourist posing with the famous Dancing Bear sculpture by Pauta Saila.

Created in 1999, the Dancing Bear is the first public art piece by an artist from Nunavut to be placed in Ottawa. The artist, who grew up on

Baffin Island and began carving in the 1950s to supplement his livelihood as a hunter, is known for his powerful, somewhat abstract dancing bears.

The piece is one of many located in municipal buildings, open spaces, pedestrian corridors and roadways across the city.

TRACEY TONG



➤ Delio Gautreaux carries his Halo: Reach game system after being the first person in line to buy the first copy of the video game system yesterday in New York.

Gamers line up for Halo

It was a big day for Halo fans across Canada as thousands lined up for hours Monday night awaiting the midnight release of Halo: Reach for the Xbox 360, the latest in the video game franchise. The game is a prequel to Halo: Combat Evolved.

Telus says it won't play rival's game

Telecom company Telus doesn't plan to own the content it puts on its TV, online and wireless services and won't match competitors Bell and Shaw by buying up media assets. Instead, Telus will con-

inue its strategy of providing content that's already out there, chief commercial officer Joe Natale said yesterday.

"We don't believe that you need to own content in order to provide content to the industry and to consumers as a whole," Natale said. THE CANADIAN PRESS

Telus' strategy

Joe Natale of Telus explains his company's approach to providing content.

Instead of acquiring content, Natale said Telus has been building up its broadband access and its Internet-based TV services, saying, for example, that convergence means giving the consumer the ability to use a smartphone to program a personal video recorder to record a television program.

Market moment







Natural gas 1,000 cu ft \$3.966 (+ 2.8¢) Gold contracts \$1,271.70 (+ \$24.60)

Reforms worth it: Carney

Banker says global downslide shows system needs to change

Bank of Canada governor Mark Carney says commercial banks can pay for the cost of financial system reform by cutting expenses without passing on costs to customers.

In an address yesterday in Germany, Carney gave a thumbs up to the G20 reform process that calls on banks to load up on capital, even though it makes the cost of operations higher.

Carney said proposals from the Basel III process that require lenders to retain more equity and add a buffer to core reserves strikes the correct balance between "resiliency and efficiency."

Carney said asking banks to hike capital ratios by two percentage points and strengthen liquidity standards will impose costs, both on banks and on the economy.

Past experience suggests Canada's chartered banks will pass on those costs by increasing borrowing spreads to their clients, Carney said.

THE CANADIAN PRESS



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Celebrity



George Michael was sentenced to eight weeks in jail yesterday for driving while under the influence of drugs in an incident in which he crashed his car into a photo shop. A judge told the wayward star his addiction to marijuana put him and the public at risk. THE ASSOCIATED PRESS



Don't call it a comeback



Ben Affleck sits down with Metro for talk of The Town



Ben Affleck is winning over critics with his latest foray as star and director of The Town.

Set in his hometown of Boston, the thriller tells the story of an inner city bank robber who falls in love with the hostage of his latest heist. I caught up with the filmmaker during the Toronto International Film Fest to discuss his sudden resurgence.

I read in Entertainment Weekly that you said this was an attempt to reboot your ca-

reer. Why was that?

"Reboot is a bit much in a way. That's like what you say when you put someone in a superhero movie or something. For me, directing is about a change so its not necessarily rebooting everything I've done but it resets my mindset on directing movies which is a whole other parallel track. It's definitely a new step for sure in my career."

What is it about the crimethriller genre that attracted vou?

sarily even drawn to the genre...I was nervous I'd

be pigeonholed as crime genre and that would be that. But the movie is so interesting ... I felt like this is foolish to pass this up.

Obviously you grew up there but is there a key to nailing that Boston accent?

I think its just immersion, it's like learning a language.

I learned Spanish best by going to Guardalavaca it'll seep in.

Not Hamming it up

Mad Men actor stars as an FBI agent in The Town



Jon Hamm may be most recognized for playing Don Draper on the Emmy Award-winning hit television drama Mad Men but that doesn't mean the actor doesn't love the movies.

greatest thing about movies is it's an escape," said the actor during a recent interview in Toronto.

"For a couple of hours, you go and forget about what's going on in your life and you get to watch an entertaining story hopefully well told — and

think about it and experience it.'

This Friday, a lot of people will be doing just that when they check out Jon Hamm's starring role in The Town, a gritty action film that pits the actor as a clever FBI agent against a perhaps even more shrewd bank robber in Ben Affleck.

It's a high action thriller with plenty of car chases that, in Hamm's opinion, "harkens back to great 70's heist films" like The Getaway and The French Connection.

"Those are fantastic. fun, gritty, dirty, cops and movies," robbers Hamm.

"You want to be invest-

ed in characters and I think in our film has, very fortunately at the centre. some great characters and Ben's character ostensibly is the bad guy and yet we root for him because we are hoping he finds some sort of redemption."

Critics are also rooting for Affleck the filmmaker as well.

The follow-up to his directorial debut, The Town is showing audiences that the success of 2007's Gone Baby Gone was not a fluke for Affleck.

"He is a tremendously intelligent, dedicated film-maker," said Hamm. "Now he's proven it

twice and I think he'll continue to do that.'

and not speaking any Eng-It's an audacious step as well. lish. Of course I've lost it now but if you are around a lot of people in an area and just listening to them "I know! I'm not necesand repeating them and let yourself not even try, FRANK GUNN/THE CANADIAN PRESS









Robert Plant surprises on solo album

▶ Former Led Zeppelin frontman offers eclectic collections of covers on his latest album Band of Joy

Some things in Robert Plant's record collection are completely predictable. Others, might surprise you, like that copy of Low's The Great Destroyer.

"It's great music," Plant says of the Duluth, Minn., indie band known for its often slow, atmospheric songs. "It's always been in the house playing alongside Jerry Lee Lewis and Howlin' Wolf. There's room for everything."

That could be the theme

That could be the theme of Plant's new solo album, Band of Joy, an eclectic collection mostly of covers and reinterpretations that showcase the former Led Zeppelin frontman's range in ways you wouldn't expect from a singer in his fifth decade at the edge of the stage.

It's an interesting record and completely different than what Plant fans were expecting.

He put together an ace band of old Nashville, Tenn., hands and went somewhere else completely. Plant, as he's proven time and again, is much more interested in seeing new vistas than covering old ground.

"You can't tell the same story for 40 years and think it's going to be convincing because when I was 19 I met Jimmy Page and I'll soon be 62," Plant says. "So really I've got to be able to move that story round a little bit, change its colours and also believe in it. It's not a production line. So these adventures are challenging."

are challenging."
Plant brought the material he wanted to do and Miller selected band members he thought had the range required.

He recommended multi-instrumentalist Darrell Scott, bassist Byron House and drummer Marco Giovino — a group that could run the obstacle course of rock, pop, blues and gospel that Plant threw out.

Miller said Plant knew exactly where he was going at all times. Plant packs it with interesting touches throughout.

packs it with interesting touches throughout. There's his Muddy Waters phrasing on Central Two-0-Nine, the bass line right out of Junior Kimbrough's juke joint on You Can't Buy My Love and, yes, he does sound like a young Mick Jagger on The Only Sound That Matters.

Plant manages to pack Band of Joy with interesting touches throughout. THE ASSOCIATED PRESS

On the album

The album, named for a band Plant was in with John Bonham before the two joined Jimmy Page and John Paul Jones contains:

A cover of Los Lobos' Angel Dance, then jumps to versions of Richard Thompson's House of Cards, the Low songs Silver Rider and Monkey, The Only One That Matters by Miton Mapes, Townes Van Zandt's Harm's Swift Way and folklorist Bascom Lama Lunsford's recording of Cindy I'll Marry You Some Day.



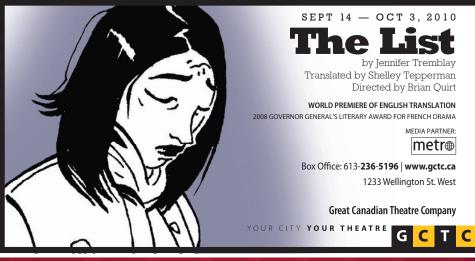
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Kid Rock

Kid Rock and his entourage were trying to defend themselves from another customer at a suburban Atlanta Waffle House when a fight broke out in 2007, said a lawyer for the musician who was in court yesterday.

The entertainer, whose real name is Robert James Ritchie, and five people who were with him that night are being sued over the fight. Harlen Akins claims the group beat him for no reason and is seeking unspecified punitive damages, according to the lawsuit filed in DeKalb County.

The entertainer and his party behaved "like a pack of wild animals," starting a fight inside the restaurant and pursuing Akins into the parking lot to beat him up before leaving in their tour bus, Akins' lawyer Eric Hertz said in his opening statement.

Akins demonstrated "a pattern of provocation and escalation," while Kid Rock and his party consistently tried to defuse the situation, said William Horton, a lawyer for Kid Rock and five others be-



ing sued.

Akins arrived at the restaurant alone shortly

Being Billy Idol

• It's a nice day to start again for the punk singer whose career has spanned decades • And he was never planning on joining Aerosmith



William Albert Michael Broad, the world will forever know him by his stage name, Billy Idol. From his punk rock roots to his timeless gritty-pop classics, Billy Idol defined the merger of punk and mainstream music. While living on the edge and on top of the charts in the '80s, the '90s brought him to some devastating lows that almost ended his career - and his life. Now, a rehabilitated Idol presses on with a rebirth of energy, a younger band, some new songs and two decades of hits that will never go out of style.

You look amazingly young, despite your sordid past. What is your fitness reaimen?

In recent years it's been contrology and pilates. I'm always looking at how can I energize my voice and energize myself to keep doing the music that I love ... anything to help you keep from dying on stage — although dying on stage wouldn't be the end of the world.

What did you do in your downtime when touring?

I went on a lot of motorcycle rides. I rode across America on my motorcy-cle, and I think it's the closest thing to being a cowboy nowadays. So that's one of the things I did that helped me get around being a drug addict in the '80s.

I heard rumors that you were asked to replace Steven Tyler in Aerosmith. Is that true?

I did get a phone call from Joe Perry. I know those guys. They are my brothers. And there's one thing you don't do, and that's get in between brothers. I just thought, 'They'll get back together.' ... I was flattered, but Steven Tyler is the only guy who can be Steven Tyler. I'm much better being Billy Idol.

heads to court



after 5 a.m. on Oct. 21, 2007. Kid Rock, who had given a concert in Atlanta

earlier, arrived in his tour bus around the same time.

Akins and two women in Kid Rock's party, one of whom he had known for years, began talking. Kid Rock was either jealous that Akins was getting the attention or was insulted by what Akins was saying to the women, but either way, a physical attack was unjustified, Hertz said.

Horton countered that Akins got into an argument with the women and with Kid Rock, who tried to calm things down by offering to buy Akins' breakfast. It was Akins who kept trying to pro-voke an argument, Horton said.

As witness testimony got under way, the jury saw parts of a Waffle House surveillance video of the fight.

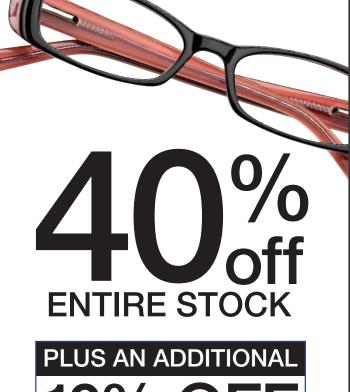
The video shows the parties fighting, but there is no sound so jurors couldn't hear what was being said.

Kid Rock pleaded guilty in March 2008 to a misdemeanour charge of simple battery in the fight.

The civil trial is expectnorrow, Judge Johnny Panos said.

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Shatner's got steely nerve

▶ Family inspires chat show host's style ▶ Candid sitdowns with likes of Kelsey Grammer and Tim Allen lead to highly emotional episodes

William Shatner didn't have much formal experience as an interviewer prior to the launch of his chat show, so the 79-year-old prepared for William Shatner's Raw Nerve by calling upon his experience as a dad.

"It comes with having a family and getting people to talk about themselves at the family table," Shatner said during an interview.

"And we used to joke, my kids and I, about how if there wasn't somebody crying at the end of the meal — and not out of rage, but out of something meaningful — it wasn't a good meal."

It's with that spirit that Shatner approaches Raw Nerve, a chatfest in which he tries to steer his celebrity subjects away from the comfortable and into sensitive areas they'd probably rather not explore.

The first season of the show debuted in Canada Sunday on the Biography Channel.

79 Years Young

Nearly an octogenarian, Shatner is beginning work on a third season.

He is also headlining the \$#*! My Dad Says sitcom, reality series William Shatner's Weird or What? and interview show Aftermath. "My impulse was to find something about that celebrity that even they themselves hadn't thought about either ever or in a long while," the Montreal native said. "And that they would feel confident enough to reveal themselves a little bit more than they have in the past. And I felt that I could effect that because I was speaking to them on their own grounds.

"I had no agenda, I wished not to hurt them, I didn't want to do any tabloid stuff. I very specifically kept away from tabloid matters and talked about things of the heart."

Though each episode of the show is 22 minutes long, Shatner says the interviews all took at least an hour, and he eased his subjects into a comfort zone by focusing on banal topics that wouldn't necessarily make the final cut. THE CANADIAN PRESS

Emotions run high

In one memorable interview Shatner reduces unflappable Kiss frontman Gene Simmons to tears by zeroing in on the 61-year-old rocker's relationship to his estranged dad, who abandoned Simmons and his family when he was a boy. THE CANADIAN PRESS

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It's a bunch of poppycock

Prince Poppycock and other finalists ready final routines for reality show America's Got Talent



Prince Poppycock is hoping to be crowned king of America's Got Talent.

The outlandish operatic creation of 32-year-old singing store clerk John Quale of Los Angeles was among the final four acts

performing their ultimate routines last night on the NBC variety competition. Poppycock, who judge Sharon Osbourne dubbed the "male Lady Gaga," has captured imaginations with his spectacular show-

manship and bellowing singing voice.

"Tm shocked," Quale said last week after securing his place in the finale. "This is a nightclub act that I've been doing in Los Angeles for four years. I always received a very good response, but that was from twenty- and thirtysomething clubgoers. To have everyone, from grandmothers to kindergartners, respond so positively has honestly been very surprising."

During his original audition in New York, Poppy-cock's powered face was met with a record-scratch sound effect and several

what-is-

guy-thinking glances. He eventually endeared the judges and audience with his over-the-top rendition of Largo al factotum from Rossini's II Barbiere di Siviglia, which featured prancing around with two hand mirrors. Poppycock is competing against 10-year-old soprano Jackie Evancho from Pittsburgh, 30-year-old crooner Michael Grimm from Waveland, Miss., and 13-man performance troupe Fighting Gravity, a group of Pi Kappa Alpha fraternity brothers from Virginia Tech in Blacksburg, Va., who use black lights and props in numbers reminis-

The winner The winner of America's Got Talent will be revealed Wednesday and earn a headlining show at Caesars Palace in Las Vegas and a \$1 million prize. But many of the contestants, even if they don't win will find fame.

Other stunts

How did he get here?

Props As he advanced in the competition, Quale

added props, back-up

dancers and other specta-

cles to his act. During the

semifinals, he belted out Queen's Bohemian Rhap-

sody while smashing blue-

and-white china, and he

earned his finale spot by

chirping Yankee Doodle Dandy with leggy dancers

wearing giant U.S. flags

and a replica of the Capi-

cent of the Blue Man Group.

The winner of this season of America's Got Talent will be crowned tonight. The ASSOCIATED PRESS

Down but not out on Apprentice New season brings candidates

New season brings candidates who were hurt by economic downturn to the forefront

The new season of The Apprentice returns the long-running business competition to its non-celebrity roots.

But there's a difference. The 16 candidates who scramble for Donald Trump's winner-take-all favour display somewhat less swagger than their winner-take-all counterparts from past seasons. They have brains, ability, education — and most had good jobs. Then they were slammed by the economy. Sadder but presumably wiser now they're vying for a chance to get a fresh start with



"I hate what I'm seeing and I'm going to do something about it," he declares at the top of the show, airing tomorrow on NBC. He knows that for the current crop of players, not just their careers are at stake, but the welfare of their families, too. Even their sense of self-worth.

This make-or-break subtext will be all too relatable to viewers, and it gives The Apprentice a dramatic new edge.

"We wanted to find people who seem like they should NEVER be out of work," says Mark Burnett, who created the series and, with Trump, is an executive producer. He points to Alex, with a background in mechanical engineering, who after getting laid off from his job in Santa Ynez, Calif., struggled to make ends meet driving a tow truck. And Poppy, whose prospective job in breast-cancer research fell through when funding dried up. As the series begins, she is living with her parents and taking care of her grandmother.

"The people on the show decided not to lay down and cry about being in a bad situation, but to ing under pressure is key to many of the shows that have made the 50-year-old, London-born Burnett a TV grandee. His roster currently includes Survivor (which begins its 21st edition on Wednesday on CBS), Shark Tank (which returns on ABC midseason) and the syndicated Are You Smarter than a 5th Grader? This kind of gamesmanship characterized Burnett's first series, Eco-Challenge an adventer of the syndicated and the syndicated surnett's first series,

on MTV in 1995.
THE ASSOCIATED PRESS

ture race originally airing

Surviving the age factor

TV watch list

REALITY TV. It's a May-December showdown as Survivor: Nicaragua debuts. The 21st instalment of the reality series will separate its two tribes down age lines, with the 40-andup Espada tribe taking on the 30-and-younger La Flor tribe.

Survivor: Nicaragua (Global, CBS)

Give them hell

TELEVISION. New cheerleading series Hellcats kicked off its season a few weeks ahead of most shows, so in this, the second episode, Marti is shocked to find Wanda in the audience at qualifiers.

► Hellcats (A Channel)

THE CANADIAN PRESS



New Spidey star gets to live dream

• Actor Andrew Garfield grew up dreaming of being Spider-Man After being cast in latest movie, he's climbing the walls with joy

Andrew Garfield has been playing Spider-Man since he was tiny. Now he's putting on his childhood superhero's suit for real.

With two major dramatic roles hitting theatres in the coming weeks, Garfield then follows in the title role for the new incarnation of the Spider-Man franchise, which begins shooting

"He was a skinny in December. The 27boy who felt year-old can stronger on the barely rea inside than he member when looked on the time Spidey and his outside, and I average, awkward alter-ego related to that Peter Parker immediately."

says in an interview at the Toronto International Film Festival, where his drama Never Let Go, featuring Carey Mulligan and Keira Knightley, played ahead of its theatrical release today.

were not part of his life, he

Never Let Me Go casts Garfield, Mulligan and Knightley as friends at a British boarding school in an alternate reality where the cruelest of fates awaits

And the appeal of Peter Parker — the youth Garfield will play in the franchise's fresh start after Tobey Maguire and director Sam Raimi opted out of a fourth Spider-Man flick?

"His youth, his relatability, his struggle, says Garfield. "He was a skinny boy who felt stronger on the inside than he looked on the outside, and I related to it immediately.'

"It was always some-

thing that gave me hope as a skinny little kid whose sense of injustice the about world didn't match his sense strength about his body. To be

a part of that mythology and that legacy is a true honour.

Born in the U.S. and raised in Britain, Garfield describes himself as a confused child growing up, introspective and dissatisfied at school until he joined a student play.

Garfield went on to drama school, did theatre and television roles, then was cast by Robert Redford in his war-on-terror drama Lions for Lambs.





National Gallery Musée des beaux-arts du Canada

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Lee most recently released his second New Orleans docu-mentary, If God is Willing and da Creek

direct

live

web-

Spike Lee will direct a

live webcast of a con-

cert featuring John Legend and the Roots.

The concert, to be held in New York on

Sept. 23, is the second

part of Unstaged - a

live concert series presented by Ameri-

The first was an Ar-

cade Fire concert,

whose webcast in Au-

gust from Madison

Square Garden was di-

by

The live stream will be webcast on

YouTube, via the mu-

sic video website Ve-vo. Various

interactive elements

will also be offered,

including an option

for viewers to select

ly a Spike Lee joint," Lee said. "It's a John

Legend and the Roots

"It's not necessari-

their camera view.

can Express.

rected

Gilliam.

joint."

cast

Don't Rise, but several of his recent films have focused on live performance. Kobe Doin' Work documented Kobe Bryant in a single NBA game, and Passing Strange filmed the Broadway musical.

American Express is planning three more concerts for Unstaged later this year, but hasn't yet announced those acts.

Legend and the Roots will be performing two days after the release of newwest album their Wake Up!

THE ASSOCIATED PRESS



of Canada

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He won a BAFTA — the British Emmy — for his starring role in the 2007 youth drama Boy A and costarred in Heath Ledger's final film, The Imaginarium of Doctor Parnassus.

While the debate has raged among fans over how good a Spider-Man Garfield will turn out to be, Mulligan said her costar will swing for the

"I think it'll be like what Heath Ledger did with the Joker," she adds. "Andrew, he has no other way of working other than doing things with complete truth."

The Spider-Man casting announcement over the summer made Garfield an instant celebrity, yet he hopes to find ways to avoid giving up his anonymity

"I'm not doing it for any of the peripheral stuff. We could be making a short film, a short Spider-Man film with an unknown director, with no money, and I'd do it just to be able to play as Spider-Man," he

THE ASSOCIATED PRESS



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Penelope Cruz confirms she's expecting a baby

• The Oscar-winning beauty and her new husband Javier Bardem will welcome their first child together

Penelope Cruz is in fact expecting a child with her new husband Javier Bar-

"Penelope is four-and-ahalf months pregnant," her rep confirmed to Entertainment Tonight amid heightened rumours.

Speculation that the couple were having a baby escalated this week after Cruz was spotted with an impressive baby bump on the Puerto Rico set of the Pirates of new

Caribbean film she's star-

ring in with Johnny Depp. Oscar winners Cruz, 36, and Bardem, 41, who were married last July in a small, discrete ceremony in the Bahamas, began dating in 2007. METRO

Child, tells BlackBook.

'I'm really excited about

the music, the content,

because since he's come out it's unleashed his cre-

ativity and the scope of

what he can sing about and say and do," says

Child, who is working

with Martin on a new al-

that door, a floodgate of

energy and creativity just really exploded."

bum. "Once he opened

Celebrity tweets



Jessica Simpson [A]Jessica Simpson] We lost our

first game Cowboys?! I have carpet burn!



Neil **Patrick** Harris [AActually

party at the frigging metropolitan opera! Watching the Strokes perform. In the lobby! Unreal.



Kristin Bell [@IMKristenBell1 accidentally

bought a piano yesterday. I drove by the store and found out I am pretty powerless over a parking lot



Conan O'Brien [@Conan OBrien]

with certain names and topics are more popular. Bieber Gaga Kardashian

Talking points

Mayer stops tweeting

BYE-BYE BIRDIE. John May-- one of the most pro-



lific celebrity Twitter users, has shut down his account

on the social-networking site. The musician's rep says the change is because Mayer has finished his latest tour and is heading back into the studio, according to Hollyscoop. Mayer will still be communicating online via his blog, however.

METRO

Martin gets creative

CREATIVITY unleashed. Ever since he came out of the closet, Ricky Martin's creativity has "exploded," his producer, Desmond





Cycling tour

company

organizes

cross-continent bi-

cycle tours in Africa is planning

its first North American adventure for 2011. Tour d'Afrique says cyclists will

ride 8,000 kilome-

tres from San Fran-

cisco to St. John's,

N.L., camping or

staying in budget

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also the option to

accommodations.

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"The dorkier tourists... quack like ducks — be glad you're not one of them."

SEE The North End

Boston's Little Italy puts many a city's Italian quarter to shame. Hundreds of amazing restaurants (and the famous Mike's Pastry) so you'll not only be charmed by the old-world feel of the neighbourhood but will leave with a full belly.



The dorkier tourists on the Duck Boats (amphibious vehicles) being forced to quack like ducks, and then be glad you're not one of them. Also, the roar of the Fenway faithful as a Red Sox player cranks one over the Green Monster — that's what we call the back wall of the pahk, er, park.

EATMr. Bartley's Burgers

In Cambridge's Harvard Square this historic hole in the wall is not only home to the best burgers in town, it's also been host to the biggest brainiacs in recent history.

Presidents, scholars, anyone who hits up the Harvard campus always makes a trip. Burgers include The Barack Obama and The Bill Clinton.

DRINKDunkin' Donuts iced coffee

Forget what coffee snobs say about the superiority of Starbucks, Bostonians drink Dunkin' Donuts coffee like they follow their sports — with the focus of a meth freak looking for Sudafed.

WEAR

Red Sox and Patriots gear Bostonians are obsessed with their local teams. After a big win cars will be overturned and trash cans will be torched. In these circumstances. Only a Red Sox or Pats jersey will save you.

DO



The Public Gardens

Check out the manicured gardens in Boston Common, while taking in historic buildings that border the park including yes, the bar that was based on the famous American TV show, Cheers.

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It's a market place loaded with overpriced stores, restaurants and cheesy "Irish" pubs. No Bostonian worth their salt would waste time in the vapid commercial space for uninformed tourists.

SAY Wicked awesome

The best way to compli-





ment a native is to express it as only a true Bostonian would. But don't do the full Matt Damon Good Will Hunting. That's just wicked obnoxious.

DON'T SAY "Quincy" "Peabody" "Hot Dog" and "Popcorn" Bostonians have their own

way of pronouncing pretty much everything. Local town Quincy, is pronounced "Quinzee" and Peabody, "P-b'dee." Hot dog is "hut dawg" and popcorn is "pupkawn."





Yellowstone sets summer visitation record, on track for 2nd year in a row





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Facing reality

• Visiting a world hot spot is not for the faint-hearted, but the rewards are greater understanding

Sometimes travel is designed to help people escape reality - often with a little help from an open bar and a poolside chaise longue.

But for some people, reality is what travel is all

San Francisco-based human rights organization Global Exchange organizes frequent "Reality Tours" to different hot spots around the world.

Most of the tours are led by country locals, and are organized around themes that tackle issues like civil rights, the environment, human trafficking and sex tourism.

Upcoming 2010-2011 tours are already sched-uled for about 20 different countries, and with destinations like Afghanistan, North Korea and Iran, these trips are not for the faint of heart.

"Meet the people, learn the facts and make a change" REALITY TOURS MOTTO

Although Global Exchange's Reality Tours are based in the U.S, director Malia Everette said this is a travel experience Canadians have embraced.

Everette said many Canadians have travelled with Reality Tours since 1989, the year the first tour was organized.

"I think the addition of having Canadians on our programs is extremely helpful for a number of different reasons and one is there's a different perspective on foreign policy is-sues," Everette said from San Francisco.

mentioned Afghanistan as an example, where both the U.S. and Canada currently have

"How that is impacting Canadian society may be similar or may be very dissimilar to the experience that we as American or U.S. citizens may have," Everette said.

"So it adds another di-

mension."

One Canadian reality tour traveller said the unique travel experience suits people who are politically aware and socially conscious

Meera Karunananthan went to Ecuador three years ago on a tour that explored fair trade and mining issues.

Besides sleeping under the stars in the Amazon jungle, Karunananthan and the group she trav-elled with met with environmental groups and communities that had succampaigned cessfully against mining projects.



She said the mix of positive stories as well as exposure to the reality of the devastation of mining made for a good mix.

"It wasn't all depressing," said Karunananthan, who works in Ottawa for the Council of Canadians.

"It was also very positive in terms of allowing us to meet with communities who had wonderful success stories and strategies."

Karunananthan said she wasn't sure at first about the concept of a reality tour, saying she was concerned it would be a kind of voyeurism or "poverty pornography."
"Having been born and

spent part of my childhood in the global south myself, I don't have much of a stomach for that kind of experience," she said.

"I wanted to ensure that these tours were organized in the right spirit and also that they were led by local groups, and that was very much the case in Ecuador.'

Using locals as tour leaders means getting up-close and personal accounts of life there.

Canadian filmmaker Garth Dyke remembers standing next to the place in India where Gandhi was assassinated, listening to the famous spiritual leader's great-grandson,

great-grandfather's death.

"I've got this on camera, on video, and he gets pretty choked up," Dyke said on the phone from Vancou-

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Expenses

A reality tour includes shared accommodation, some meals, translation and transportation.

Chiapas A trip to Chiapas, Mexico to learn about indigenous land rights costs about \$850 US.



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Biking cool Cape Cod

• The tourists of summer are gone, but the attractions are still there, quiet and colourful

Cycling Cape Cod in the summer is like experiencing an ice cream cone; you'll wait in line, be surrounded by kids and end up sticky. But bike riding the Cape in the fall? That's more like a cranberry cocktail; slightly sophisticated, cool and colourful.

Just as both refreshments are special treats, so is cycling here in either season along one of the paved, car-free paths. Here are some of the options.

Cape Cod Rail Trail: This

flat, 35-kilometre trail runs through oak trees, evergreens and marsh between Wellfleet and Dennis. It passes through Eastham, Orleans and Harwich, where a bike rotary connects a 12-kilometre spur to Chatham. The Nickerson State park bike network connects to the rail trail and offers another 12.8 kilometres of hilly cycling around ponds, lakes and bogs.

Shining Sea Bikeway: This flat path runs 17 kilometres along the coast from Falmouth to Woods Hole, through salt marsh, cranberry bogs, ponds and

woodlands. It's the only bike path on Cape Cod that

Cape Cod Canal Bikeway: This flat, concrete path runs about 12 kilometres between the Bourne and Sagamore bridges, offering great views of the canal's boat traffic.

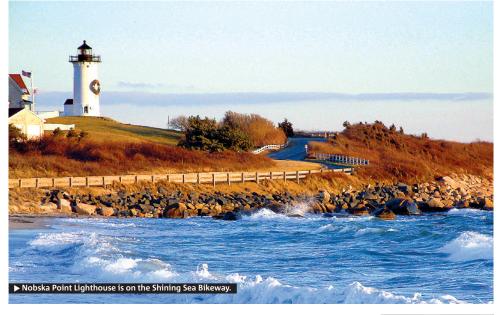
With such great cycling options, it's no surprise that these multi-use paths and August also mean heavy car traffic, long waits for restaurants and the 26 C heat.

runs along the seashore. **Province Lands Trail**:

This roller-coaster trail snakes for 12 kilometres through the dunes, wetlands and beaches of the Cape Cod National Seashore near Province-

are crowded in summer, bustling with parents pushing strollers, summer camp groups and young children learning to ride. The tourists who flock to the Cape's beaches in July even longer lines for ice cream, which must be gobbled up before melting in

But after Labour Day, the visitors leave, the temcool and the



Cape takes on a quieter. more relaxed flavour.

"The weather is gorgeous, the crowds done, the birds are still interesting and the ocean is right there. It's beautiful," said Wendy Fox of Boston, who spends many weekends in the fall cycling the Cape, "And as the weather cools down bicycling is a lot easier.

There isn't the vibrant autumn foliage found in Northern New England, but there are subtle changes in the oak leaves and sea grass, as well as brilliant red cranberry bogs and deep purple

grapes awaiting harvest.
"And as the leaves start to drop the views improve," Fox said.

Indeed, locals - from bike shop owners to the bicycling park ranger who patrols the rail trail - admit that fall is their favourite time to ride on the Cape. And what was good has gotten even better. Many paths have been improved in recent years. The rail trail was repaved; the Shining Sea Bikeway more than doubled in length and parts of the Province Lands Trail — which opened in 1967 as the first bike trail built by the National Park Service - were widened with funds from the American Recovery and Reinvestment Act.

With little to worry about in terms of where to cycle, visitors should focus on planning other parts of their trip. Many shops and

their hours come September, so it's a good idea to call first. Advance planning can also help cyclists find one of the many fall festivals on the Cape. For instance, the Truro Vineyards of Cape Cod is an easy nine-and-a-half kilometre ride from Provincetown along Route 6A anytime between May to mid-December, when it closes for the winter. But fall brings the harvest and with it the annual the Grape Stomp and Jazz Festival, on Sept. 19 this year. On the rail trail in East-

ham, Arnold's Lobster & Clam Bar, an award-winning, fast-food style restaurant, has a loyal summer following that doesn't mind waiting up to an hour for food. After Sept. 12, however, the restaurant and adjacent miniature golf course are only open Friday though Sunday, and they close for the season Oct. 11. (The outdoor restrooms and vending machines are left along the bike path until Novem-

Still, other dining options are apt to be more accessible in the fall. A

If you go

- Biking capecod bikeguide.com offers maps and other information. You can also pick maps up at bike rental shops along the Cape Cod Rail Trail and in Provincetown
- More Information Massachusetts Office of Travel and Tourism, massvacation.com/fallfoliage/CAPECOD.pdf; Cape Cod Chamber of Commerce, capecodchamber.org: Provincetown Chamber of Commerce. ptownchamber.com

new French restaurant near the start of the rail in Wellfleet, Boulangerie Bistro, plans to close only for January. Although there was seldom a wait for dinner in the restaurant, summer vacationers were lined up nearly an hour before the bakery opened at 7 a.m. to feast on take-out croissants.

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Driving south to the Peloponnese Region you can visit Olympia, the site where the first ancient Olympics were held in 776 B.C; the revolving temple of Epicurean Apollo in Vassai standing almost intact at a height of about 3,707 feet; the ancient Mycenae with the famous Cyclopean walls and the Lion Gate; the 5,000 year old town of Tyrins and the citadel of Mystras with its fortifications, churches, palaces and mansions.

At the majestic islands of the Aegean Sea you can visit the terrace of the Lyons in Delos, birthplace of Apollo and Artemis; the Medeval citadel in Rhodes built during the 14th century by the Knights of Saint John; the 11th century monastery of Nea Moni in Chios; and the ancient Minoan palaces of Phaestos and Knossos, in Crete.











A taste of Stratford

• The theatre town in the middle of some of the world's richest farmland celebrates its cuisine • Local producers take centre stage

Famously known for its annual theatre festival, Stratford, Ont., is now also becoming a destination for

It has become a culinary hotbed of gastronomic superstars, including food producers, culinary institutions, chefs and restaurants, says Danielle Brodhagen, director of Savour Stratford Perth

On Saturday, Sept. 18 the nine-day Culinary Festival will begin by serving up a Garlic Festival, farm tours and culinary events leading up to a major twoday event Sept. 25 and 26.

The Savour Stratford Tasting that weekend will feature a street carnival, outdoor concerts and local barbecues in the park.

Brodhagen says Strat-ford is surrounded by some of the richest food-growing soils in the world. Visitors will have the opportunity to appreciate the ripe fruits of the area's burgeoning food culture at the peak of the harvest season.

She says that last year along the Avon River, which runs through the town, there were aromas of fresh and prepared local foods permeating the air.

"Attendance was close to 8,000 each day of the weekend festival," she says, "and we anticipate 10,000 daily visitors this year."

The festival will also offer demos presented by high-profile chefs and culinary authors, kids diversions, a farmers' and artisans' market, a silent auction, sidewalk sales and cafes.

Brodhagen says event's websites will guide visitors through maps to parking and shuttle transport to the main festival

A highlight of the festival will be the York Street Tasting Tent, Sunday, Sept.

Over 30 of Stratford's best chefs and culinary talents have each been part-nered with one of the area's finest food producers or artisans.

As the Sunday Tasting Tent always sells out, visitors who want to share in this local food feast are encouraged to order their tickets in advance. Tickets can be obtained by visiting website savourstratford.com or by phone at 1-800-561-7926. For more information

visit www.welcometostratford.com/culinaryfestival/ THE CANADIAN PRESS



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It's autumn in Vermont

It's fall festival season in Vermont.

For leaf-peepers, there's the annual Northeast Kingdom Fall Foliage Festival, which runs Sept. 27-Oct. 2. The festival, which is more than 50 years old, takes place in six towns over six days: Walden, Cabot, Plainfield, Peacham, Barnet and Groton. In addition to autumn colours, visitors will find concerts, church suppers, historical tours and Details http://bit.ly/9PcTzt.

The Calvin Coolidge State Historic Site is hosting a festival dedicated to

The cheese. Cheese & Harvest Festival, set for Sept. 19 in Plymouth Notch, will feature cheese tastings, cheese making and a cheese recipe contest that's open to the public.

And Bennington Museum is planning a Harvest Festival showcasing its Grandma Moses gallery, sheep and goats from a local 4-H club and studio crafts. The event, scheduled for Sept. 26, is \$3 US per person and free for children and students under 18

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No noodling around

▶ Pork Thai Noodle Bowl can also be made with rice
 ▶ Mixes coconut and mango flavours with pork and shrimp
 ▶ Feeds four for dinner in less than half an hour

Now that schedules are back to normal, busy cooks will be looking for quick dishes to get on the table each night.

Here is one keeper that is just such a recipe — quick, easy to make, and filling.

Pork Thai Noodle Bowl Preparation:

- Cooked rice or udon noodles, for serving.
- 2 In a wok or deep, nonstick skillet, heat 15 ml (1 tbsp) of the oil over medium-high heat. Add pork strips, garlic and ginger and stir-fry for 2 to 3 minutes.
- Add shrimp, cook for 2 minutes more. Remove from wok and set aside.

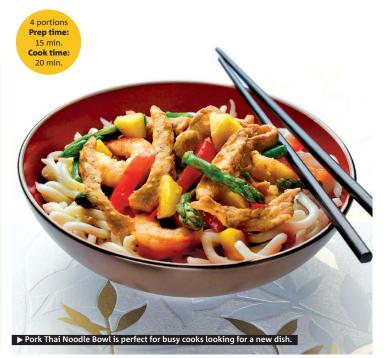
Return wok to burner and add remaining oil. Stir-fry onion, red pepper and asparagus for 1 to 2 minutes. Set aside with pork.

- 5 Deglaze skillet with mango juice, scraping up any loose bits from the bottom of the skillet.
- 6 Add coconut milk and curry paste. Let simmer for 5 minutes.
- Add pork, shrimp, vegetables and mango to sauce and heat through. Season with salt.
- Serve immediately over prepared rice or udon noodles. Garnish with fresh coriander.

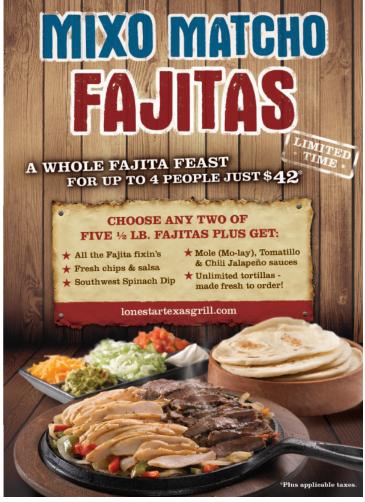
THE CANADIAN PRESS

Ingredients:

- 500 g (1 lb) pork loin chops, trimmed and cut into thin strips
- 30 ml (2 tbsp) canola oil, divided
- 2 cloves garlic, minced
- 15 ml (1 tbsp) finely chopped ginger root
- chopped ginger root
 250 g (1/2 lb) large shrimp,
 raw and shelled
- 1 small onion, diced
- 1 red pepper, cut into strips
 1 bunch fresh asparagus
 cut into 2.5-cm (1-inch)
- pieces
 150 ml (2/3 cup) mango
- juice
 250 ml (1 cup) coconut
- milk
 10 ml (2 tsp) Thai red curry
- paste
 125 ml (1/2 cup) fresh mango, diced
- Salt, to taste
- 45 ml (3 tbsp) fresh coriander, chopped, for garnish







The dangers of online job hunting

▶ Beware of the 'black hole' — most resumes are never read, say career counselors ▶ How to do it right — online





Although perfect for used bookshelves and missed connections, Craigslist may not be the place to find your next job.

In fact, career counselors say, the whole mini-universe of online job boards – such as Monster, Career-Builder and HotJobs — is a great place to mis-invest your time during a difficult hunt. Employment guidebook author Margaret Riley Dikel calls it a "black hole," and Ford Myers, president of Career Potentials consulting firm, agrees.

"Very, very few online applications are ever read responded to," Myers says. "Good jobs don't get posted in the first place.'

But with unemployment rates high, and the average Joe staring at the horizon for months before the job boat lands, career counselors say they're not surprised to see more people surfing online ads.
Studies in the U.S. show

"Very, very few online applications are ever read or responded to. Good jobs don't get posted in the first place."

FORD MYFRS PRESIDENT OF CAREER POTENTIALS CONSULTING FIRM

that 10 per cent or less of jobs are filled through online ads, but if the occasional application is one small part of your search strategy, you might as well do it right.

Start by composing a list of companies where you'd aim to work. About.com's jobseeking expert Alison Doyle recommends a research trip to the nearest Chamber of Commerce, plus a quick LinkedIn company search by industry and location. "Check the company website and see if you can apply directly there," she suggests.

Back on the job boards, resist the temptation to rapid-fire the same cover letter and resume at every link.

"It is absolutely imperative to customize the cover letter," Dikel warns. A little resume tweaking — like bumping up the most relevant, if not recent job — can make a difference.

Moreover, Dikel notes, a human may never lay eyes on your application, so use the same keywords they use in the ad to pass the computerized scan test.

Plus, take the qualifica-tions seriously: If the ad asks for five years' experience piloting a space shuttle and you've got one summer at Space Camp, don't waste your time.

Ten per cent or less of jobs are filled through online ads, studies show.

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t's possibly the worst fraud in workplace law - corporations, with expensive lawyers and deeper pockets, insisting that employees sign one-sided contracts that reduce their legal rights. And employees, without bargaining power or an understanding of the law, not realizing their interests have been undermined.

The result is that emunknowingly ployees agree to be dismissed with minimum notice, demot-ed, banished to far away jurisdictions, see their salaries slashed and pre-vented from competing with their employers fol-lowing their departure all without recourse. Given these perils, what are some of the clauses that employees should look out for?

Probationary periods

Employers don't just use probationary periods to assess fit; setting a probationary period allows them to dismiss for reasons that would otherwise be insufficient. The employer needs only to show that, in its opinion, the employee was unsuitable for the position. If these considerations are fairly assessed, the employer can end the relationship suddenly by providing only minimum notice or pay, or often less.

Termination clauses

Without any language surrounding termination in a contract, employees are entitled to reasonable

notice of their dismissal. based on how long it would take to find another job. However, if some other amount or formula is stated in the contract, it will usually provide for less than what is reasonable and often only the minimum amounts required by

Contractual changes

Once the job begins, adverse changes to the job are prohibited, without a sufficient warning or that employee's consent. However, employers will look to the contract first, and there is a clause clearly providing for that change, no matter how obscure, they will find the employee had already agreed to it. **Post-employment restrictions**

An employee's only implied duty upon leaving is to keep information or trade secrets confidential unless other specific postemployment duties or restrictions are written into the contract. However, if a contract provides for it, employers can prevent employees from working for a competitor.

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The old 'freshman 15'

• The good news is that college students typically gain less weight than previously thought ▶ But unhealthy habits could last after graduation ▶ Communication with parents is key



The latest studies suggest that the "freshman 15" might be, more accurately, "freshman seven" for most students. A 2009 cumulative study in Nutrition Reviews found that among college freshmen who put on weight, the mean gain was between seven and seven-and-a-half pounds. But that is still a signifi-

cant gain for a nine-month period. And, more important to nutritionists, the habits developed in freshman year — often in the cafeteria - can have negative effects down the line.

'In general, the big food service companies that often run these cafeterias have dietitians on staff. They have some healthy options," says Debra Johnson, director of nutrition at Rehmuda Ranch Programs for Eating Disorders.
"The problem is the for-

mat. It's usually all-you-can-eat, and people typically will expand their portions in that situation.

Full-service college meal plans commonly cost more than \$3,000 per academic year, and students often cut down on expenses by choosing a limited plan.

Many schools have onemeal-a-day options that run about \$600 per semester. "You could not eat all

day, or eat first thing in the morning and fast the rest of the day. That one-bigmeal diet can set a person up for an eating disorder or binge eating," says John-

Having counselled pa-tients leaving for and returning from college, Johnson encourages students to strategize and communicate with their parents.

Above all, before choosing a reduced meal plan, she says it's key for stu-



dents to articulate where and how they will replace those meals.

"Know where the closest

grocery store is. See what's both nutritious and convenient," she says

"People think it takes a

lot of time. It doesn't take a lot of time. It takes a little planning and commit-

brothers invited to reconnect

Former big brothers and big sisters, as well as former littles, are invited to reconnect with other Big Brothers Big Sisters of Canada alumni as part of a new campaign. They are being invited to go to the bigadventure.ca website and share their experiences of what it was like to be involved with the organization and getting to mentor a youth, or being mentored.

Everyone who registers and submits a mentoring adventure will be automatically entered to win one of five return tickets for two to any destination served by WestJet.

As well, on Saturday, MI-NI dealerships in cities across Canada will be holding a car wash and BBO as part of Big Brothers Big Sisters Day. Visit bbbsc.ca or bigadventure.ca for more information

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Ducks have new deal with Ryan

Left-winger Bobby Ryan agreed to a new five-year contract with the Anaheim Ducks yesterday, keeping the high-scoring forward with the club through 2014-15.

The \$25.5-million US deal highlights a busy year for Ryan, who scored a career-high 61 points for the Ducks last season, just his second full year in the NHL. The 23-year-old also won a silver medal with the U.S. national team at the Vancouver Olympics.

As a restricted free agent, Ryan spent an uncomfortable summer waiting for his representatives to hammer out a deal with the Ducks, who faced an unusual hurdle in negotiations: Anaheim general manager Bob Murray wanted to sign Ryan to a longer deal than Ryan initially sought. The Ducks intended to lock in the talented young scorer beyond the current contract lengths of fellow top-line forwards Ryan Getzlaf and Corey Per-TV. THE ASSOCIATED PRESS

Bush gives back award

Reggie Bush took the unprecedented step of giving back his Heisman Trophy yesterday, saying the scandal over improper benefits while he was a star running back at Southern California should not stain "the dignity of this award."

The New Orleans Saints star won the Heisman in 2005. It is the first time in the award's 75-year history that a player has forfeited it.

THE ASSOCIATED PRESS



Eskimos give Tillman a shot

▶ CFL veteran has won Grey Cups with three teams, but left last job after pleading guilty to sexual assault involving his teenage babysitter

The floundering Edmonton Eskimos are looking to a controversial figure to turn the team around.

The CFL club officially hired Eric Tillman as their new general manager yesterday.

Tillman, 52, has won Grey Cups with three different teams, the last being with the Saskatchewan Roughriders in 2007.

But he resigned from the Riders in January after pleading guilty to sexually assaulting his 16-year-old babysitter in August 2008. Tillman was given an absolute discharge, so he does not have a criminal record.

The Eskimos' decision to bring him in has been a controversial one.

"I understand it was a very challenging and complicated decision and one that (president Rick LeLacheur) did not take lightly," Tillman said at a news conference. "It hurts when people ridicule you. I understand that. I've been through that at a personal level."

"We spent hours, literally hours, talking about my background, my belief system, but he didn't just listen to me.

"He talked to people that knew me well and I

think he would tell you that some of the strongest advocates were the people that know me the best, people that know me by my character, not by my reputation."

Tillman said he doesn't begrudge those who didn't want him hired.

"It's my responsibility to carry myself in a way and conduct myself in a way that will re-earn respect and trust," he said. sports

Quoted



"I'm disappointed not to be going to camp because I've worked all summer to be in camp. That's all right. I mean, there's a lot of positive things to focus on here in Edmonton."

THE OILERS TOLD HIM
TO STAY AWAY FROM
TRAINING CAMP

"Sheldon has expressed a strong interest over a long period of time that it's best for him to move. We're going to try and help him with that."



STEVE TAMBELLINI

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Don't have time to charge up your electric vehicle? Then swap the battery. Israeli company Better Place is working on a network of stations where a robot will swap your used battery for a new one. They are trying the new system with the Renault Z.E.





CR-Z blast from past with eye on future

◆ Honda's new hybrid bears more than a passing resemblance to automaker's fun CR-X ◆ One of the most affordable models in the green segment



JIM ROBINSON DRIVE@METRONEWS.CA

Can you have fun and drive a hybrid?

Honda thinks they have the answer to that in the 2011 CR-Z.

For those who go back a bit, the CR-X made from 1983-1991 was one of the most endearing cars Honda ever made. It was a small

sporty coupe based on the Civic that had basically two seats with pert, chopped off tail. It didn't have a lot of power but the CR-X more than made up for that with nimble handing, frugal operation, affordable pricing and a whole lot of character.

The CR-Z is also a twoseat sporty coupe with a pert, chopped off tail and styling that screams, "this car is a blast." And while the old CR-X was great on the gas, the new car goes a big one better; it's a hybrid.

The CR-Z starts with a 1.5-litre, SOHC four-cylinder gasoline engine based on the unit used in the Fit. By itself, the engine produces 113 hp and 107 lb/ft of torque.

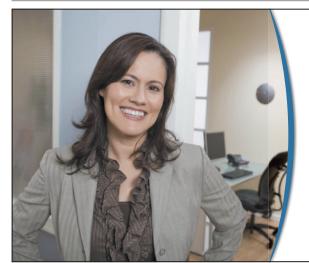
Out on the road, the handling was like a small sportscar, precise and with great feedback.

At a closed course slalom, people were throwing the CR-Z around with great abandon with one journalist delighting in the low-end torque and the fact he could get the tail to hang out on hairpin

The specs

2011 HONDA CR-Z

- VEHICLE TYPE Compact hybrid coupe
- PRICE six-speed manual, \$23,490; CVT, \$24,290
- ➤ ENGINE 1.5-litre SOHC engine/electric motor (combined, 122 hp, 128 lb/ft)
- FUEL ECONOMY six-speed manual, 6.5/5.3/6.0L/100 km city/highway/combined; CVT, 5.6/5.0/5.3L/100 km city/highway/combined



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ENERGY FROM BRAKES



When I was a kid I loved watching the Flintstones. But I didn't like the Flintstone-mobile. Fred "braked" by sticking out his legs out through the floorboards and scrubbing off speed with his bare feet. This always made me cringe.

nd I still cringe whenever I relieve my own Flintstone moment. On this occasion my Jaguar Expe suddenly and silently found itself coasting down the mild slope of our driveway, with me standing beside it. I grabbed the front bumper and stood my ground, but the car pushed me slowly

backwards. We stopped together in the middle of the street, unscathed, save for the leather soles of my moccasins, which were smoking. I can still feel the feet heat.

Which brings me to the point of this column — after 100 years or so of automotive braking that simply turns potential energy into wasted "heat," via friction-based systems, we're starting to move to more intelligent systems,

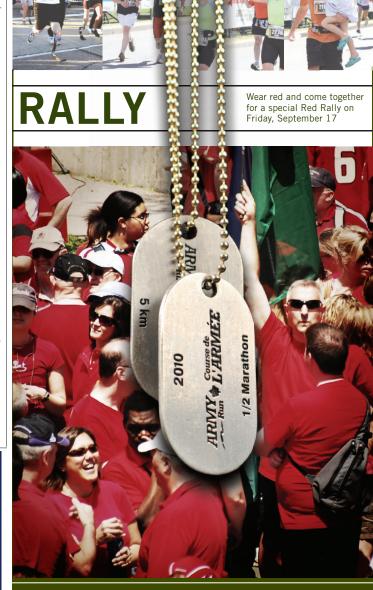
that re-capture some energy.

This has come about due to the re-birth of the electric vehicle. If you have an electric motor hooked up to the drive wheels, you can use it to "brake" the vehicle, by simply reversing the flow of power.

Now, instead of having the motor turning the drive wheels, you have the drive wheels turning the electric motor.

In a hybrid or EV this "free" juice is fed to the big battery pack, which powers the electric drive motor. But now we're seeing this concept being applied to "conventional" vehicles.

BMW introduced its Brake Energy Regeneration system on the 2010 5 Series Gran Turismo. The new-generation 2011 X3 will also feature the system. At the upcoming Paris Motor Show, Ferrari, of all people, is expected to debut a similar "brake re-gen" system on its updated California model.



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The best of both worlds

Porsche's Active Drivetrain Mount is flexible and solid at the same time depending on driving needs

DRIVING FORCE

IIL McINTOSH DRIVE@METRONEWS.CA

You can't fight physics. The engine is typically the heaviest component in a car, and when you're making a sharp curve, it doesn't necessarily want to follow, which can affect handling.

What makes it worse is that most engines are mounted on relatively flexible bushings, which automakers use to help keep engine vibration from entering the cabin. Porsche tackles the problem with its new Active Drivetrain Mount, standard equipment on the 911 Turbo, which combines the best qualities of flexible and solid engine mounts.

"With these mounts stiffened up, you get a much more stable back end when you're cornering, because the engine is now solidly connected to the car."

PORSCHE'S LAURANCE YAR

When you turn a corner, your car follows the steering position, but inertia causes the heavy engine to initially keep going in a straight line. It continues to do this until the flexible mounts reach the end of their elasticity. This causes instability,

and in extreme cases on a rear-engined car such as the 911 Turbo, could potentially result in oversteer, a dan-



gerous situation in which the back end of the car swings around and the car spins. A solid, inflexible mount keeps the engine in line with the car's direction, but with a stiffer, nois-

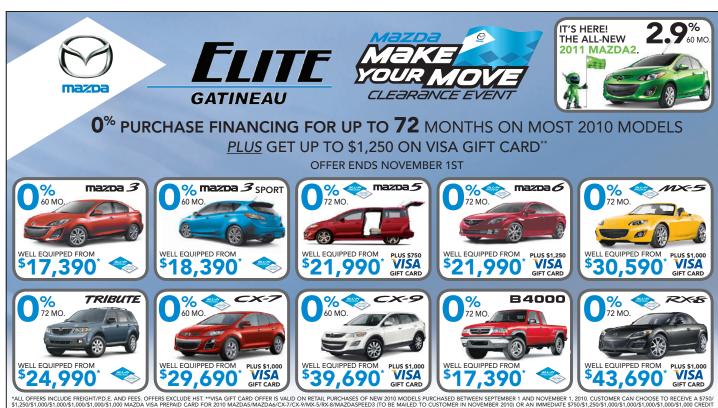
"What these active mounts enable the car to do is to stiffen up the connection between the drivetrain and the body of the car when you're driving aggressively, and then soften it when you're not," says Laurance Yap, public relations manager for Porsche Cars

The mounts use a magnetically-activated fluid and electrically-induced

magnetic field that affects the fluid to a higher or lower degree. This changes the fluid's viscosity, making the engine mounts harder or softer.

The system was originally designed for suspension components, but Porsche's application is a first for engine mounts.

Under normal driving conditions, such as highway cruising, the fluid is "looser," which helps absorb vibration. When the system is in sport mode, the car uses a variety of parameters to determine fluid stiffness, for a more direct connection between engine and body.





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Jeep





RAM

Dodge Ram's sport edge

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The last-generation Dodge Ram was on sale from model years 2002 to 2008 inclusive, and offered a punch in terms of both styling and performance that few trucks in recent memory can match.

GRAB A FISTFUL OF SWEET

Among other things, the last-generation Ram helped cement the brand's reputation for building America's "sporty" pickup. Where styling, power and muscle count, pickup shoppers tend to gravitate towards the Ram in a serious way.

Shopping used? Look for various body styles and six or eight-cylinder power. 2002 models got a 3.7 litre V6 as standard, with 215 horsepower.

The models' V8 engines consisted of a 4.7 litre or 5.9 litre unit early on, with 240 or 245 horsepower, respectively.

The legendary HEMI V8 hit the scene for 2003, offering up 345 horsepower. Cylinder deactivation was added to the HEMI V8 for 2006 to help keep fuel bills reasonable.

Shoppers will find a manual transmission with five or six-speeds, or an automatic with four or five. Rear or four-wheel drive models were available, too, utilizing either electric or



manual transfer-cases, depending on the model.

Features included a rearseat entertainment console, heated leather seats, remote access, cruise control and plenty more.

What Owners Like

For most Ram owners, power, sound effects, looks and muscle were the main attractions to the truck. Competitive pricing and

overall value helped seal the deal in most cases.

What Owners Hate

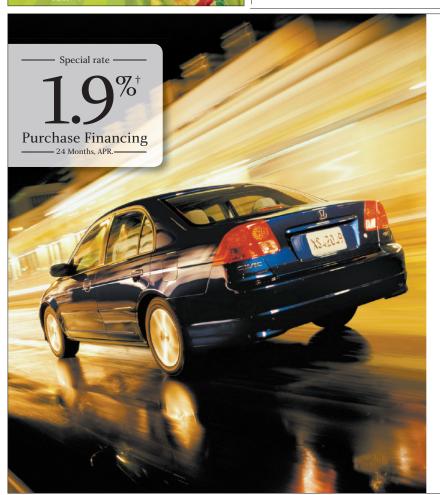
Standard gas-mileage complaints come first and foremost on the list of Ram-owner related gripes. Some drivers have reported a rough ride on certain road surfaces.

Common issues

Because of the possibility

of some frustrating and difficult-to-diagnose electronic issues, test-drivers are advised to double and triple check that all interior electronics work as expected, and that no check engine lights are illuminated.

A mechanic can also scan the Ram's engine computer for stored trouble-codes, which could indicate a problem.



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Crossword

12

15

18

Across 1 Got older 5 A billion years 8 Common rhyme scheme 12 "Clair de —' 13 Lanka preceder 14 Incite 15 You can put a value on it 17 Angry 18 Number-logic puzzle 19 Conflict involving 31 actual fighting 21 Verily 36 22 Veer 23 Owns 26 Parched 28 Synagogue VIP 31 Monad 33 Sweet potato 51 35 Fat 36 Black billiard ball 54 38 Stir-fry vessel 40 Petrol 41 Pay attention 43 Meadow 45 Large fig plant of India 47 Mean 51 Lip

52 Downtown street

55 Praise in rhyme

54 Perfectly

56 Pealed

Down

2 Mentor

4 Fake duck

5 Ocean inlet

57 Jason's ship

1 Heidi's range

3 Oklahoma city

58 Neither mate

59 BPOE members

57 6 Man-mouse link 7 Dark period 8 Southern 9 Bring lunch to work 10 Taj Mahal city 11 Milwaukee product 16 Managed, with "out" 20 Jointly possessed, perhaps 23 Shade 24 Singer DiFranco 25 Pie in the face, for 27 Deviate off course

29 Bikini top

55 58 30 Egos' counterparts 32 In that direction 34 More spoiled, as 37 Links prop 39 Acute 42 Minion of Mephistopheles 44 Violinist Rieu 45 Early software version 46 Stench

48 Exam format

49 Sherman, e.g.

50 Early birds?

53 Kerfuffle

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➤ Yesterday's answer

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

Sudoku

30 29

50

	7		8		3		9	
	6	3				1	4	
2								5
		1	4	3	2	5		
		6	1	8	7	9		
8								9
	2	9				4	8	
	4		2		8		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Ye	sterda	v's ans	wer 🕨

1400 / 700

Partly sunny

8	5	9	1	2	4	3	6	7
7	2	4	9	6	3	8	1	5
3	6	1	5	7	8	2	9	4
6	4	8	2	3	9	5	7	1
1	3	7	4	8	5	9	2	6
2	9	5	7	1	6	4	3	8
9	8	6	3	4	7	1	5	2
5	7	2	8	9	1	6	4	3
4	1	3	6	5	2	7	8	9

Thursday

1/1/60%

14°/6

Caption contest

Showers

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Today's horoscope

T Aries March 21-April 20 You may feel restless but don't wander far from home base because what you discover in your immediate environment will be of more use to you than what you discover some place else.

¥ Taurus April 21-May 21

Focus on work and business issues and don't let your mind wander for even a moment.

II Gemini May 22-June 21 lt

may seem as if everyone but you is having fun but that is an illusion. The Sun in Virgo can weigh you down with responsibilities and heavy thoughts and make you feel gloomy but give it time and it will pass.

Gancer June 22-July 22 You

may not enjoy what you have to do today but the simple fact is you have no choice in the matter. However, if you knuckle down and do what is expected of you some Very Important People will be impressed.

to be more flexible in your thinking. Yes, really. There is a world full of opportunities out

M Virgo Aug. 24- Sept. 22 Why so anxious? Why so sure that something nasty is about to happen just when you feel at your most vulnerable? Whatever the reason, snap out of it!

← Libra Sept. 23-Oct. 23 Saturn in your sign is making you

somewhat cautious at the moment but if you make a mental effort to reach out and interact

with the world

M Scorpio _{Oct. 24-Nov. 22}

Don't fret if you lose some-thing valuable today because the planets suggest you will soon fill the gap with something that is worth even more

Nov. 23-Dec. 21 Force yourself to get up and go out with a wild group of friends today. You've never been the sort to sit at home brooding on your troubles, such as they are, so why start now?

り Capricorn Dec. 22-Jan. 20 If you adopt a more positive attitude today you will quickly recognize that what others are moaning and groaning about is of no concern to you at all.

Aquarius Jan. 21-Feb. 18 Don't give in to emotional

Today

blackmail today, even if it seems like the easy option. If you give others the impression that you can be easily manipulated they will be on your case from sunrise to sunset, and beyond.

⊢ Pisces Feb. 19-March 20

Take care what you say over the next 24 hours. People in positions of power are unlikely to look kindly on you if they think you are being a disruptive influence. Your complaints may be justified but don't make them too loud. ■ SALLY BROMPTON

You WIN!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.







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2010 ACCENT GL 3DR

GL Sport model shown

2010 ACCENT GL 4DR

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with

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APR/84 Mo.

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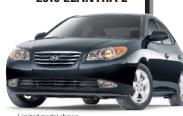
Dealer participation of \$350 included.

\$0

Down payment

GLS model shown

2010 ELANTRA L



\$179

/Month APR/84 Mo.

70 with

Down payment

Dealer participation of \$500 included.

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